

Abstract

- Title:** The concept of teaching judo fall technique
- Goals:** The aim of the work is to explain in detail the fall technique. The main goal is to create a training program and describe the gradual steps to learn the fall technique.
- Methods:** In this work, we used the method of data collection and analysis of available materials regarding judo, fall technique and combat in education. Then we compared the occurrence of combat in the school curriculum. Subsequently, we modeled an ideal training program for learning fall technique.
- Results:** We have found that the control of fall technique is very beneficial for life and important from both a preventive and conditioning point of view. At the same time, we found that fall technique almost does not appear at all in school educational programs. And based on that, we have created an ideal training program during which these techniques can be easily learned in physical education classes.
- Keywords:** judo, falls, school education system, training